



The City of NORMAN

201 West Gray, Bldg. A • P.O. Box 370
Norman, Oklahoma 73069 • 73070

PLANNING AND COMMUNITY DEVELOPMENT
Phone: 405-366-5433

CASE NUMBER: PD14-32
APPLICANT: LaDeana & Marty Cummins
DATE: November 6, 2014
LOCATION: 3415 24th Avenue N.E.
TO: Interested Neighbors
WARD: 6
FROM: City of Norman Department of Planning and Community Development
SUBJECT: Pre-Development Discussion of a Special Use for a Therapeutic Counseling and Equine-Assisted Psychotherapy Facility

You are receiving this letter because you own property within the 350-foot notification boundary of a Pre-Development application to consider the development of a therapeutic counseling center utilizing equine-assisted psychotherapy. This property is currently zoned A-2, Rural Agricultural District, and rezoning will not be required.

Please join us for a Pre-Development discussion of this proposal on Thursday, November 20, 2014 from 5:30 p.m. until 6:00 p.m. The meeting will be held in Conference Room D of Building A of the Norman Municipal Complex, 201 West Gray Street, located north and west of the downtown Post Office.

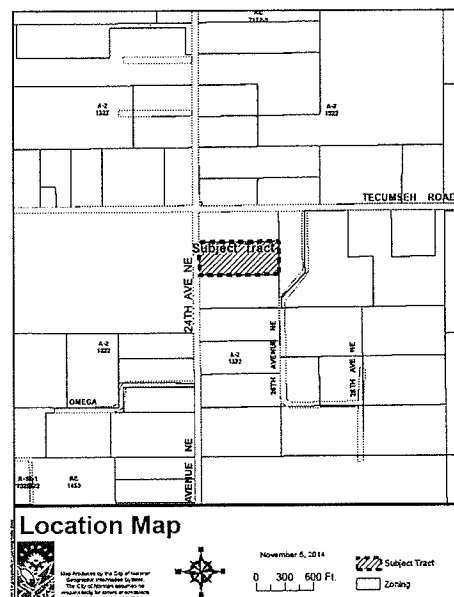
This applicant has filed a concurrent application for Planning Commission consideration of this project at their December 11, 2014 meeting. You will also be receiving notice of that meeting in the near future.

Pre-Development meetings are required for property owners seeking to undertake certain land use actions (any Special Use, rezoning of land over 40 acres in size, amendment of the NORMAN 2025 Land Use & Transportation Plan, subdivision of property, Rural Certificate of Survey greater than 40 acres, or construction of a cellular tower) that could have an impact on surrounding properties.

Pre-Development meetings allow applicants and neighboring property owners to meet informally to discuss proposals and air concerns prior to the public hearing process. Often Pre-Development meetings allow applicants and neighbors to resolve issues of concern, which in turn saves time, money and hard feelings on all sides.

If you have questions about the proposal, please call the contact person, LaDeana Cummins, (405) 613-5209 or 321-3304 any time. We look forward to your participation and thank you for taking an active role in your community.

VICINITY MAP



Application for Pre-Development Informational Meeting

Case No. PD/4-32

City of Norman Planning & Community Development - 201 W. Gray St., Bldg. A - Norman, OK 73069 — (405) 366-5433 Phone - (405) 366-5274 Fax

APPLICANT/LAND OWNER <u>LaDeana & Marty Cummins</u>	ADDRESS <u>1900 Gini Lee Ln.</u> <u>Norman, OK 73071</u>
EMAIL ADDRESS <u>ml1900gll@att.net</u>	NAME AND PHONE NUMBER OF CONTACT PERSON(S) <u>LaDeana Cummins cell 413-5209</u> <u>hm. 321-3304</u> BEST TIME TO CALL: <u>Anytime : leave message</u>

☐ Concurrent Planning Commission review requested and application submitted with this application.

A proposal for development on a parcel of land, generally located Street address 3415 24th AV NE
Norman, OK 73071
this is close to the corner of 24th NE & Tecumseh Rd.

and containing approximately 7 acres, will be brought forward to the Planning Commission and City Council for consideration within the next six months.

The Proposed Use(s) in this development will include (please describe specific land uses and approximate number of acres in each use):

The proposed use for the above listed land is as follows:

1. To build a 3,000 ft. office building to be used for therapeutic counseling. The building will contain 4 offices with 1 counselor per office. Also, it will include all amenities of kitchen, Men's & Women's restrooms, waiting areas, etc.

2. An outside riding arena to be in close proximity of the office building to provide equine assisted therapy. The approximate size will be 80' x 100'

3. There is an existing 2 stall horse barn and tack/feed room on premises.

The site plan will encompass less than 2 acres. The remaining 5 acres will be left as pasture land.

This proposed development will necessitate (check all that apply):

- ☐ 2025 Plan Amendment ☐ Growth Boundary
- ☐ Land Use
- ☐ Transportation
- ☐ Rezoning to _____ District(s)
- ☒ Special Use for Riding Academy & Public Stable
- ☐ Preliminary Plat _____ (Plat Name)
- ☐ Norman Rural Certificate of Survey (COS)
- ☐ Commercial Communication Tower

Items submitted:

- ☒ Deed or Legal Description
- ☒ Radius Map
- ☒ Certified Ownership List
- ☒ Written description of project
- ☒ Preliminary Development Map
- ☒ Greenbelt Enhancement Statement
- ☒ Filing fee of \$125.00

Current Zoning: A-2

Current Plan Designation: Very low density residential

Concurrent Planning Commission Review Requested: ☒

Received on:

11-3-14

at _____ a.m./p.m.

by _____

O
F
F
I
C
E

U
S
E

O
N
L
Y

Written Description of the Proposed Project

3415 24th Ave. NE

LaDeana and Marty Cummins

Our vision for the 7 acres located near the corner of 24th and Tecumseh Road is to combine the country setting with our love of horses to open an equine assisted therapy center. The cornerstone of our vision is to construct a 3000 sq. ft. family home like building that houses 4 counseling offices adjacent to a small arena. The counseling sessions would include the use of the offices as well as the arena where the therapists would use a non-riding, experiential therapy model certified by the Equine Assisted Growth and Learning Association. The absence of horseback riding allows the therapists to focus on the client and customize each groundwork session to maximize the effect of the horse as a teaching/therapy aide. More information about the counseling model can be found at the EAGALA.org website.

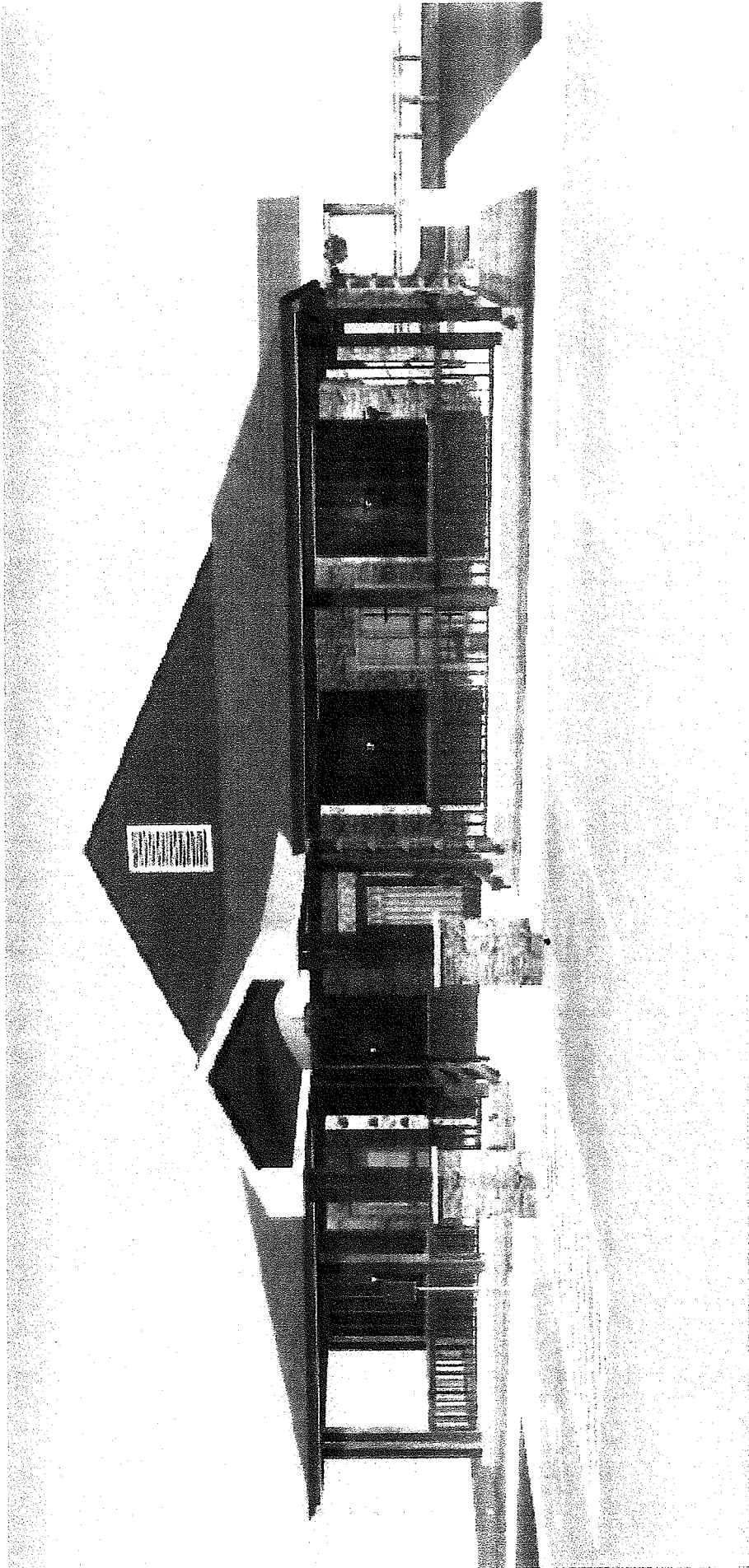
As a day use only facility with ten parking spaces, it will fit within the NW two acres of the property similar to where the oval pen now resides. The rest of the 5 acres will be left as existing pasture land. There is currently a 2 stall horse barn with outside runs combined with storage/tack room on the property.

The impact to neighboring property owners would be a bare minimum if any at all. Since it is a day facility and mental health sessions are low key and usually involve one client, there will be no noise issue. The traffic will be low impact and since the building will be just south of the stop sign on 24th NE and Tecumseh Rd which slows traffic, pulling in and out will be safer than most areas along 24th.

Sincerely,

A handwritten signature in black ink that reads "Marty & LaDeana Cummins". The script is cursive and fluid, with the ampersand clearly visible between the names.

Marty and LaDeana Cummins



Equine-assisted psychotherapy: a mental health promotion/intervention modality for children who have experienced intra-family violence

1. Pamela N. Schultz PhD RN¹,
2. G. Ann Remick-Barlow MSW LISW² and
3. Leslie Robbins DSN CNS CNP¹

Article first published online: 6 DEC 2006

DOI: 10.1111/j.1365-2524.2006.00684.x

Abstract

Equine-assisted psychotherapy (EAP) is a specialized form of psychotherapy using the horse as a therapeutic tool. This modality is designed to address self-esteem and personal confidence, communication and interpersonal effectiveness, trust, boundaries and limit-setting, and group cohesion. Substantial numbers of children witness family violence. There is evidence that violence between parents has adverse effects on the children in the family. These children are at greater risk of behavioural problems and mental health disorders, including anxiety, anger, depression and suicidal ideations, withdrawal, low self-esteem, and attention deficit hyperactivity disorder. The purpose of the present pilot study was to test the efficacy of EAP in a cross-sectional group of children referred to a psychotherapist for various childhood behavioural and mental health issues over an 18-month period (June 2003–January 2005). Sixty-three children received a mean number of 19 EAP sessions. Scores on the Children's Global Assessment of Functioning (GAF) Scale were determined pre- and post-treatment. The mean (\pm standard deviation, SD) pretreatment score was 54.1 (SD 3.2) and post treatment mean score was 61.7 ± 5.0 ($t = 9.06$, d.f. = 96, $P < 0.001$). All children showed improvement in GAF scores, and there was a statistically significant correlation between the percentage improvement in the GAF scores and the number of sessions given ($r = 0.73$, $P = 0.001$). Univariate analysis showed that the greatest improvement in the GAF scores occurred in the youngest of the subjects. Children in the group who had a history of physical abuse and neglect had a statistically significant greater percentage improvement in GAF scores after treatment than those who did not have a history of abuse and neglect.

CONNECTING FOR HEALTH: PLAYING WITH HORSES AS A THERAPEUTIC TOOL

1. Annick Maujean^{1,*},
2. Elizabeth Kendall¹,
3. Lillan Roquet¹,
4. Tony Sharp² and
5. Graham Pringle³

Article first published online: 21 MAR 2013

DOI: 10.1002/jcop.21547

This pilot study examined a brief psychological intervention using horses as a therapeutic tool to improve levels of self-esteem, self-efficacy, and facilitate the development of life skills in a group of disengaged youths ($n = 16$). Participants and their case managers were interviewed after completion of the program to explore their responses to the intervention. Interview transcripts were coded to identify participants' experiences and outcomes. Five themes emerged from these interviews, namely, (a) enjoyment, (b) psychological and social benefits, (c) engagement, (d) transferrable skills, and (e) mechanisms of change. The findings of this study indicate that this type of intervention may provide a viable option for youths who are disengaged from school and/or the community and who have not responded to traditional interventions.

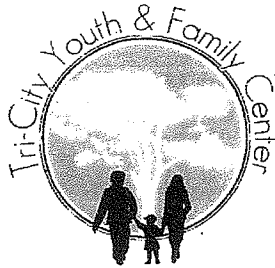
Organization Info.

Founded in 1999, the Equine Assisted Growth and Learning Association (EAGALA) is the leading international nonprofit association for professionals using equine therapy (horse therapy) to address mental health and human development needs. Our vision is that every person worldwide will have access to these therapy services known as **Equine Assisted Psychotherapy and Equine Assisted Learning**.

There are now **over 600 EAGALA programs**, with professionals **trained and certified through EAGALA**, providing services helping change the lives of people with a diverse range of struggles such as street children in Mexico and South Africa, those suffering from addictions, depression and trauma, and improving relationships in families and groups. EAGALA has over 4,200 members in **49 countries**.

Support our efforts and learn more about this exciting approach to helping people through horses!

Congratulations to the EAGALA Distinguished Program Members!



Tri-City Youth and Family Center, Inc.

14625 N.E. 23rd * P.O. Box 695 * Choctaw, Oklahoma 73020

Phone: (405) 390-8131 * **Fax:** (405) 390-8134

City of Norman
Planning Commission Chair
P.O. Box 370
201-A West Gray
Norman, OK 73070

October 30, 2014

May this letter serve as documentation providing a brief overview about our agency as well outlining our working relationship with LaDeana Cummins. Tri-City Youth & Family Services, Inc. is a nonprofit 501 (c)(3) agency celebrating its fortieth year providing behavioral health Outreach and Counseling services to Eastern Oklahoma County as well as parts of Pottawatomie & Lincoln Counties.

The agency provides an array of prevention and intervention services which has included an experiential component. Research supports that individuals learn in a variety of capacities to include kinesthetic learning. Further, when interventions are more interactive there may an increased change of sustainable positive change.

I have been employed in behavioral health for twenty-five years working with at-risk youth in a variety of capacities. At an earlier stage in my career while practicing as a direct service provider and clinician, I became interested in animal assisted interventions and over the years have researched its efficacy with at risk youth. While practicing as a licensed clinician, I have also had the direct experience utilizing animal assisted interventions and can personally attest to how it has been highly effective in reaching youth when traditional "talk" therapy has not.

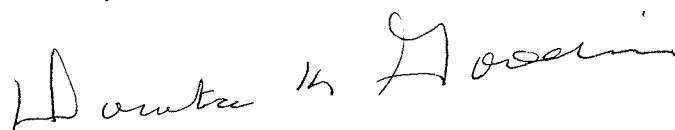
I became acquainted with LaDeana Cummins in September of 2010 when attending an Equine Assisted Ethics training of which she was the facilitator. Her knowledge of horsemanship and professional delivery was evident which led me to having further discussions about possibly

collaborating professionally with our agency. Our agency formed a business relationship with LaDeana Cummins to provide equine assisted services to youth in April of 2011 of which we continue to work with her. In addition to her years of experience with horsemanship La Deanna is Equine Assisted Growth and Learning Association (EAGALA) certified which entails seeking Continuing Education Units to stay abreast of what is occurring in the field.

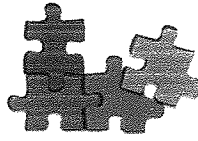
In the years I have worked with LaDeanna it has been my experience that she has demonstrated strong ethics and follow thru regarding both business matters as well as client care. Her dedication and care to both clients and horses become clearly evident within a short matter of time demonstrating that she is "willing to go the extra mile" to help those in need. I believe both her genuineness as a business person as well as her compassion for others place her in a position to develop services in Cleveland County that would be advantageous for both the city as well as the residents.

If you have any further questions regarding our business interactions with Ms. Cummins, please do not hesitate to contact me.

Sincerely,

A handwritten signature in cursive script that reads "Donita Goodin". The signature is written in dark ink and is positioned above the printed name.

Donita Goodin, MS, LPC
Executive Director



"Putting the puzzle back together one piece at a time"

Candas Golden, MEd, LPC 3708 Ives Way Norman, OK 73072

City Of Norman
Planning Commission Chair
P.O. Box 370
201-A West Gray
Norman, OK 73070

November 1, 2014

Dear Sir/Madam,

Thank you for taking the time to read this letter regarding the proposed plan of LaDeana Cummins to establish an Equine Assisted Growth and Learning Center in the city of Norman. As you may know, LaDeana was raised on a working cattle ranch in Western Oklahoma. She grew up in the saddle, and has a lifetime of experience with horses, which she desires to share with the community using her EAGALA (Equine Assisted Growth and Learning Association) methodology certification.

I became acquainted with LaDeana several years ago at a continuing education workshop for licensed mental health professionals where she was the Equine Specialist. I chose to attend this workshop because I too grew up riding horses and wanted to see the process for myself. I was very impressed with LaDeana's working knowledge inside the area as well the professionalism she possess while working with the participants. LaDeana excels at communication, staying organized, and maintaining superior ethical standards. LaDeana is also business-minded and educated, which adds to her credibility. She is taking all the necessary steps in the right direction to make this project successful.

As a licensed professional counselor since 2002, I have researched EAGALA and plan to get my certification as well. It is exciting for me to be able to watch LaDeana's dream of building this facility to meet the needs of people in Norman and surrounding communities become a reality.

Animal assisted therapeutic services, especially from a mental health standpoint, are highly sought after as alternative services for a wide range of mental health issues across various age groups. The approach EAGALA teaches keeps clients on the ground; therefore, it establishes a more safe environment for the clients to perform tasks with the animals. The facility and services will be useful to community organizations including, DHS, counseling agencies, educational inservices, businesses who want to do team building, as well as individual therapeutic services.

I believe you will find working with LaDeana to be a pleasure. I also feel that allowing her to move forward with her plan will have far reaching benefits in the community for years to come.

Respectfully,

Candas Golden, MEd, LPC